

Musculoskeletal – Knee – Physical Exam Checklist

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EXAMINATION	OSCE ITEMS
STANDING	<p>Inspection</p> <ul style="list-style-type: none"><input type="checkbox"/> Limb alignment (Normal, varus, valgus)<input type="checkbox"/> Patellar alignment<input type="checkbox"/> Foot alignment (hindfoot, midfoot, flat foot)<input type="checkbox"/> Recurvatum (hyperextension)<input type="checkbox"/> Popliteal masses (Baker's cyst) <p>Gait</p> <ul style="list-style-type: none"><input type="checkbox"/> Stance phase (Knee) – Weight bearing, lateral thrust, knee flexion/ extension<input type="checkbox"/> Stance phase (Foot) – Pronation, flattening<input type="checkbox"/> Swing phase (Knee) – Free swing vs stiffness <p>Squat & Duck Walk</p> <ul style="list-style-type: none"><input type="checkbox"/> Meniscal tears (clicks) pain with OA
SITTING	<p>Inspection</p> <ul style="list-style-type: none"><input type="checkbox"/> Scars, colours, other lesions<input type="checkbox"/> Joint line lumps (fluid, fractures, cysts, swelling) <p>Active ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Quadriceps lag (knee extension)<input type="checkbox"/> Patellar tracking (J sign, etc) <p>Vascular</p> <ul style="list-style-type: none"><input type="checkbox"/> Popliteal pulse<input type="checkbox"/> Dorsalis pedis<input type="checkbox"/> Posterior tibial <p>Palpation (warmth, tenderness, shape, etc)</p> <ul style="list-style-type: none"><input type="checkbox"/> Joint line (crepitus)<input type="checkbox"/> Medial and lateral patellar retinaculum<input type="checkbox"/> Quadriceps, patellar tendon<input type="checkbox"/> Tibial tubercle, Gerdy's tubercle (IT band)<input type="checkbox"/> Pes anserinus bursa (mimics medial meniscal tear or medial OA)<input type="checkbox"/> Medial and lateral collateral ligaments<input type="checkbox"/> Lateral femoral epicondyle <p>Neurological – Lower Extremity</p> <ul style="list-style-type: none"><input type="checkbox"/> Sensory<input type="checkbox"/> Strength<input type="checkbox"/> Reflexes
SUPINE	<p>Palpation</p> <ul style="list-style-type: none"><input type="checkbox"/> Joint effusion (milk medial-superiolateral)<input type="checkbox"/> Popliteal cysts<input type="checkbox"/> Patellofemoral compression (pain)<input type="checkbox"/> Measure thigh and calf circumference <p>ROM</p> <ul style="list-style-type: none"><input type="checkbox"/> Extension (0° - 15°)<input type="checkbox"/> Flexion (135°)<input type="checkbox"/> Hip ROM (hip can affect knee) <p>Special Tests</p> <ul style="list-style-type: none"><input type="checkbox"/> Patellar apprehension (flex knee, push patella lateral)<input type="checkbox"/> Patellofemoral grind test (force patella against trochlear groove) <p>Special Tests</p> <p><u>Medial and Lateral Collateral Ligaments</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Full extension, 30° flex<input type="checkbox"/> Both varus and valgus stress <p><u>Anterior cruciate ligament</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Lachman's test (20° flex, stabilize femur)<input type="checkbox"/> Anterior drawer test (90° flex, tibial pull)<input type="checkbox"/> Pivot shift test (hold heel, limb abduct 30°, hold tibia, apply axial load, valgus and internal rotation, gently flex the knee) <p><u>Posterior cruciate ligament</u></p> <ul style="list-style-type: none"><input type="checkbox"/> Posterior drawer test (same as anterior)<input type="checkbox"/> Tibial sag (90° flex, push both tibia, look from side) <p><u>Meniscus</u></p> <ul style="list-style-type: none"><input type="checkbox"/> McMurray's maneuver (valgus, fully flex knee → external rotation with varus, extension of knee AND vice versa)
PRONE	<ul style="list-style-type: none"><input type="checkbox"/> Popliteal cysts<input type="checkbox"/> Grind test (knee 90°, axial, tibial rotation)<input type="checkbox"/> Lachman's test (knee 20°, push tibia)